

**healthy body**



**healthy mind**

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## Quinoa Paella

1 mug of Quinoa  
2 ¼ mugs of water  
Chicken stock cube  
Pinch of saffron or turmeric  
2 cloves of garlic  
1 onion diced  
1 red pepper diced  
4 inches of a good Spanish chorizo  
2 chicken breasts cubed  
Paprika hot or smoked  
1 mug of peas  
Packet of cooked mixed seafood 230g  
Lemon wedges

### Method

First start by rinsing the quinoa under the tap in a sieve before transferring it to a pan along with the water and chicken stock cube. Bring to the boil, add the saffron or turmeric and turn down to a simmer. Cover and cook for around 12-15 minutes. The quinoa will turn slightly transparent and a little sprout will appear from each grain. When cooked keep covered and stand.

Meanwhile cut the chorizo into little cubes and add to a separate pan along with the onion and garlic.

Cook the chorizo until it releases its oils, this can be spooned out if desired but it is packed with flavour. Throw in the chicken and peppers, seasoning with paprika and black pepper.

When the chicken is cooked tip in the peas and seafood to warm them through.

Combine the quinoa with the chicken and chorizo stirring through for an even blend.

Serve and finish with a squeeze of lemon.